



## March is National Nutrition Month

It's no secret, the better we eat, the healthier we are and the longer we live. In recognition of National Nutrition Month, here are a few tips to help you make healthier nutrition choices. But it's not just one of these tips that will be the key to success—the trick is consistency and an overall healthy lifestyle.

### Eat More Plants

A diet rich in plant-based foods can help reduce the risk of diabetes and cardiovascular disease.



### Use Herbs and Spices

Give chicken, fish, and vegetables an extra kick with garlic, ginger, and turmeric—also known for their anti-inflammatory properties.

### Get Enough Fiber

Fiber can improve blood cholesterol levels. Focus on whole grains, vegetables, and beans.

### Watch Your Beverages

Be mindful of the types of drinks you are consuming. Excessive sugary or alcoholic beverages can lead to weight gain over time and can contribute to conditions like pre-diabetes. Drink water, unsweetened iced teas, or sparkling water. Give your water a kick with a squeeze of fresh lemon or lime, or a small splash of 100% juice.

### Engage All Your Senses

Enjoy a meal by eating with all senses—taste, smell, and texture. This can help you savor your food and may lead to discovering new favorites or realizing you enjoy certain foods less than you thought.

## Eat Slowly

Did you know it takes your brain about 15-20 minutes to tell your stomach you're full? Slowing down your eating pace can promote better digestion and prevent overeating.

## National Nutrition Month Events: [Register NOW!](#)

Everything is better with prizes, right? Each week, Level Up will raffle off the following:

- **One \$100 Gift Card**
- **One Cuisinart Griddler Indoor Grill**
- **One Cold Press Juicer Machine**

To be entered into the random drawing each week, you must register and attend at least one (1) webinar or event scheduled for that week.

### Here are the winners for Week 2

- Latrice Byrd-Whitehead ~ Fire & EMS Department
- Darrell Terry ~ Dept. of Permitting Inspections & Enforcement
- Shamari Harris ~ Health Department

## Additional Resources

- [Visana](#) for Cigna members
- [Academy of Nutrition & Dietetics](#)
- [Office of Disease Prevention & Health Promotion](#)
- [Omada Health](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!

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